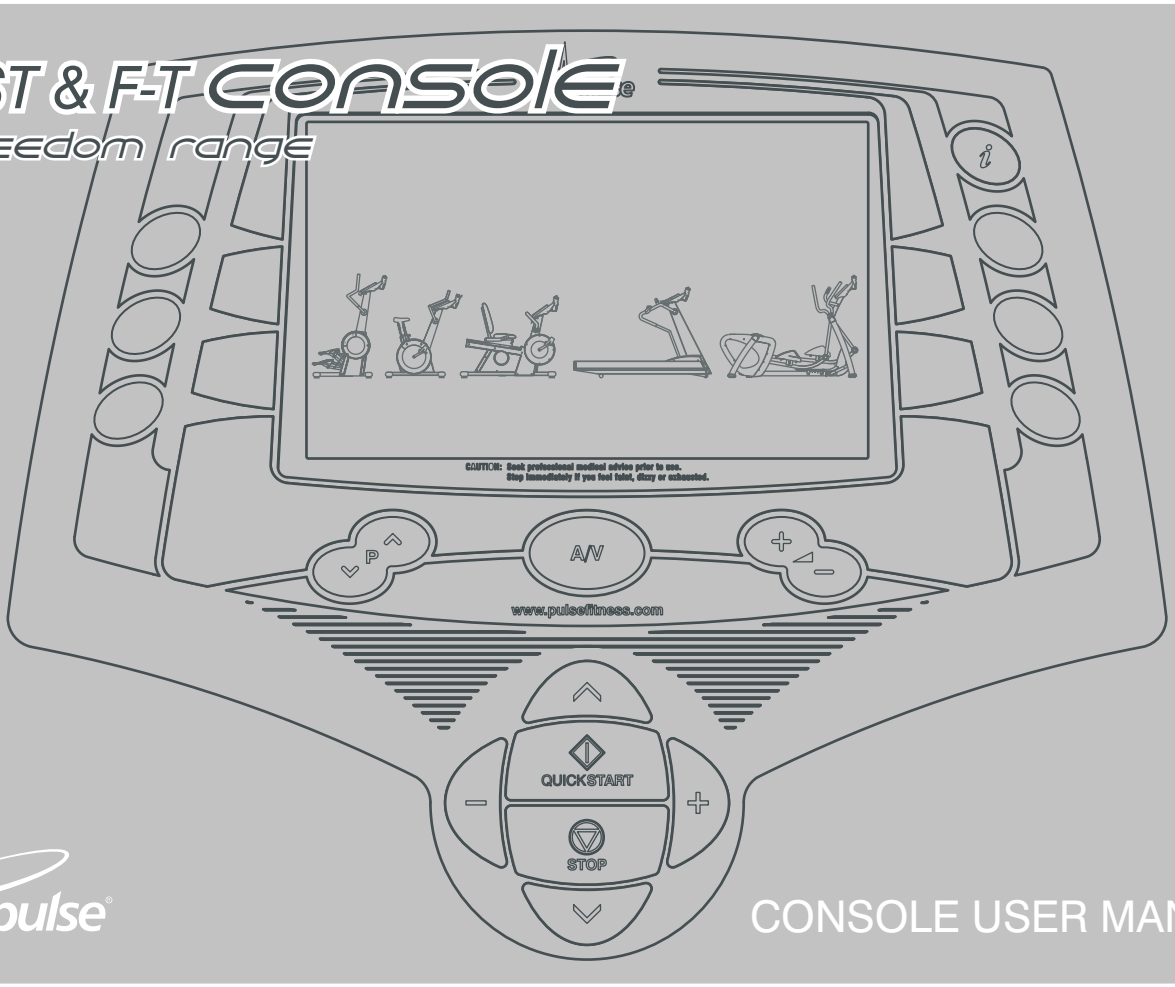
F-ST & F-T CONSOLE

freedom range



pulse

CONSOLE USER MANUAL

console manual

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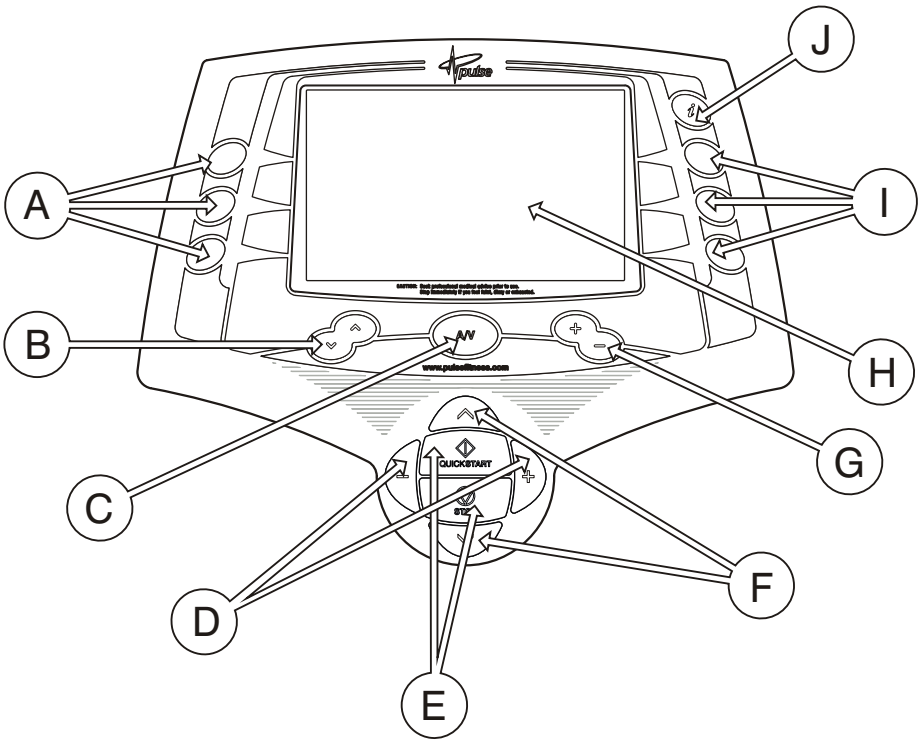


Console Explanation

A - Program Selection, Control and Data Entry Buttons

B - A/V Channel Selection Buttons

C - A/V Mode Button

D - Buttons for increasing and decreasing speed/effort

E - Buttons to Start/Stop Exercise program

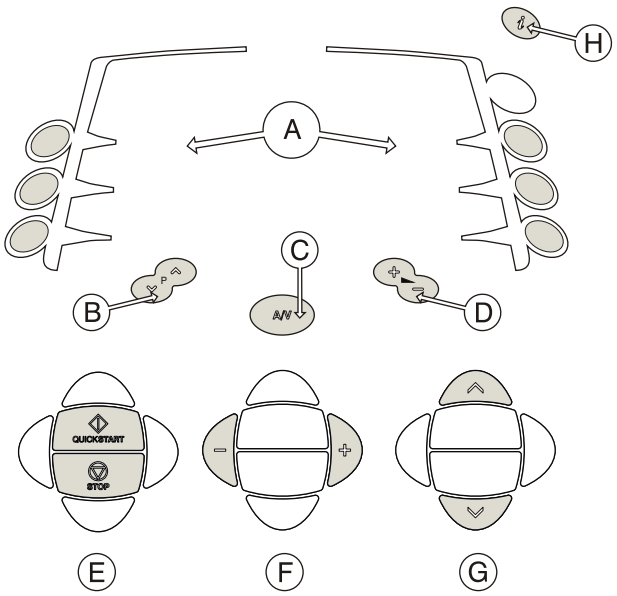
F - Buttons for increasing and decreasing elevation on the 260 F-T Treadmill

G - A/V Volume

H - Graphics TFT display screen

I - Program selection, control and data buttons.

J - Information button, languages/Brightness/Metric/ Imperial



Program Selection Control and data entry buttons provide the means of selection, starting and stopping exercise programs, and entering operational parameters such as duration, difficulty (effort), target heart rate, etc. In general the buttons perform the following functions.

Button Explanation

A - Buttons for general selection and entering numerical data when requested.

B - Button for changing channels in A/V mode.

C - Button for Audiovisual mode when requested.
a) With Exercise Statistics
b) Wide/Full Screen

D - Buttons for decreasing/increasing the volume once in Audiovisual mode.

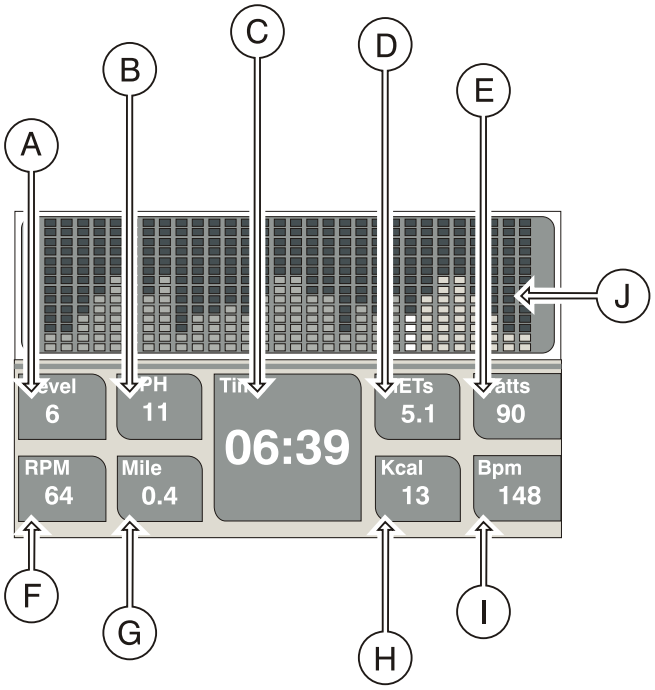
E - START button to begin the selected exercise program. STOP button to stop an exercise program at any time.

F - Press (+) to increase or (-) to decrease the effort level. When exercising in circuit these buttons enables you to change gear.

G - Buttons to increase/decrease elevation on 260F-T Treadmill

H - The information button enables you to access the option screen, which gives you three options:

1 - Selection of 16 languages
2 - The units button allows you to change from imperial to metric**.**
3 - Change the brightness and contrast of the TFT screen When in A/V mode.



Exercise Data Workout Screen Example

A - Level of effort/resistance (1-28).

B - Speed traveled per minute during exercise.

C - Time left to exercise or time that you been exercising.

D - Metabolic rate.

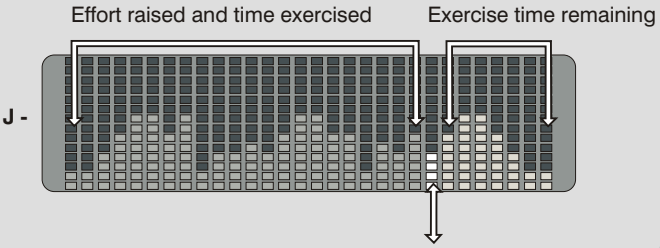
E - Power generated during exercise.

F - Rotations Per Minute.

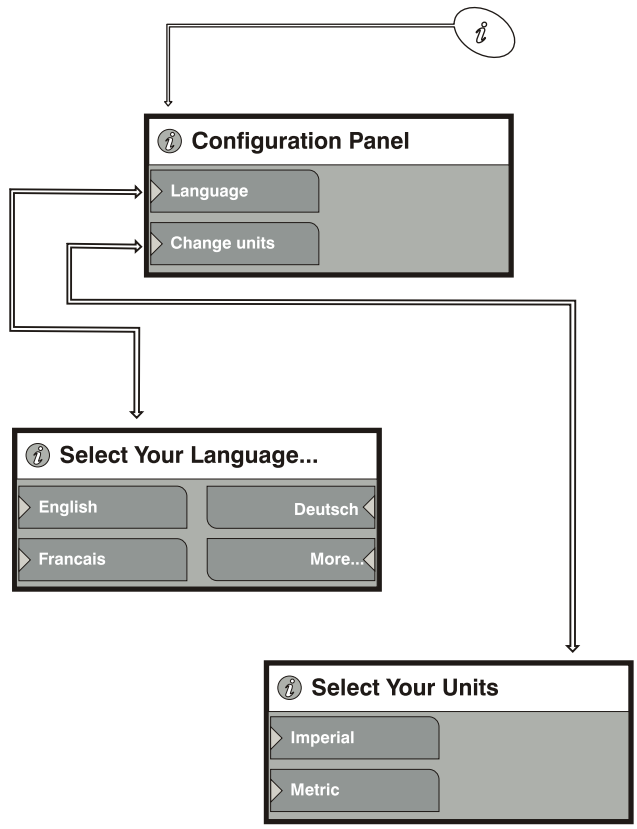
G - Distance traveled during exercise (Miles or Km).

H - Energy used or been used during exercise.

I - Heart rate figures in beats per minute.



Current position indicated by flashing green row



Information & Option Button

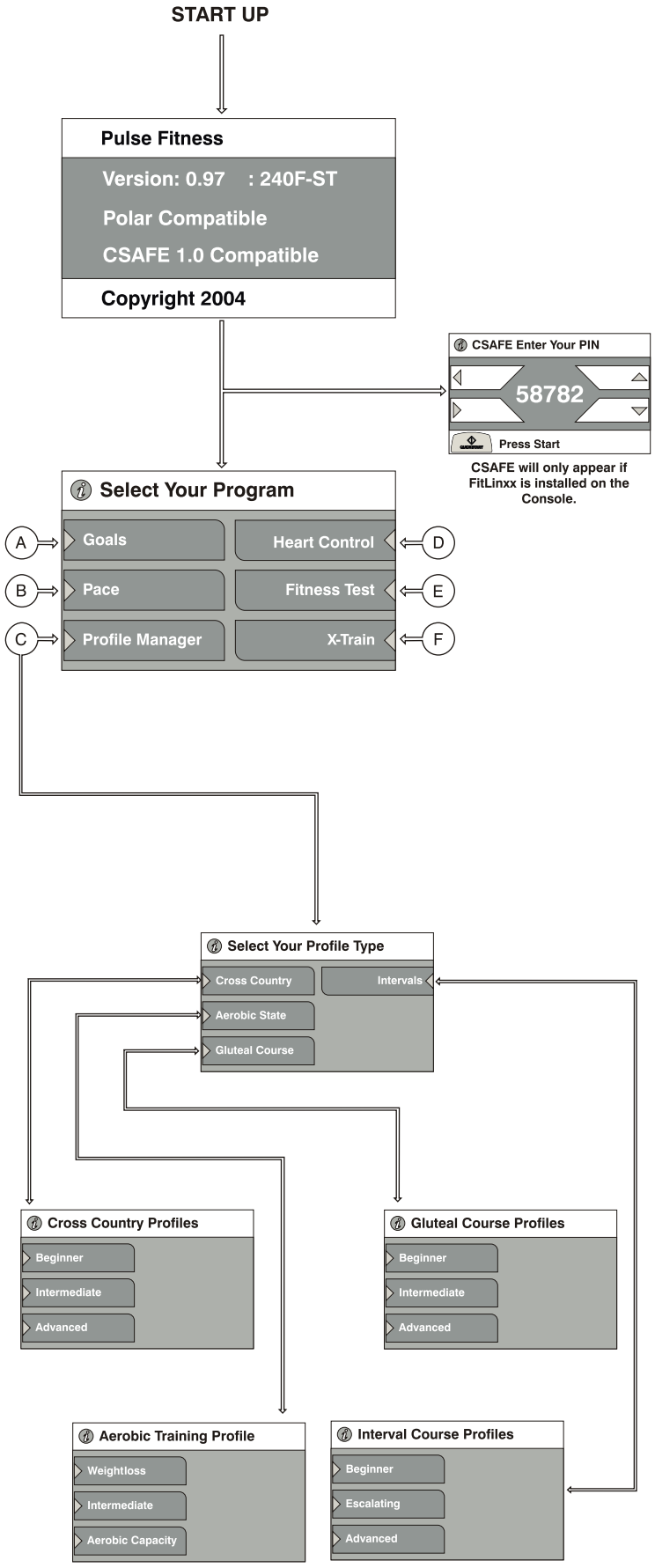
Functions

The information button enables you to access the option screen, which gives the two options as shown in the left column.

The two options are:

A1 - A selection of 16 Languages

A2 - The units button allows you to change from imperial to metric



Start Up & Program Modes

General Information
This section describes in detail the F-ST Range* functions and aspects of each of the five (six if X-Train level mode is enabled) operating modes.

Quick Start:
Allows user to enter a goal focussed exercise mode.

A - Goals Mode:
Motivational training programs set via: time, distance or calories.

B - Pace Mode:
Based on a running track the user can set the machines computerised pacer to challenge their own stamina.
Enables the user to compete against the computer-controlled pacer. Over a set time/distance or distance/speed.

C - The Profile Manager Mode:
The database of pre-programed workouts has been enlarged to encompass, stamina, weight loss, cardio, gluteal and interval training. There are 12 programs, split into 4 sub-groups:

Cross Country - Beginner/Intermediate/Advanced
Aerobic Training - Weightloss/Intermediate/Aerobic Capacity
Interval Course - Beginner/Escalating/Advanced
Gluteal Course Profile - Beginner/Intervals/Advanced

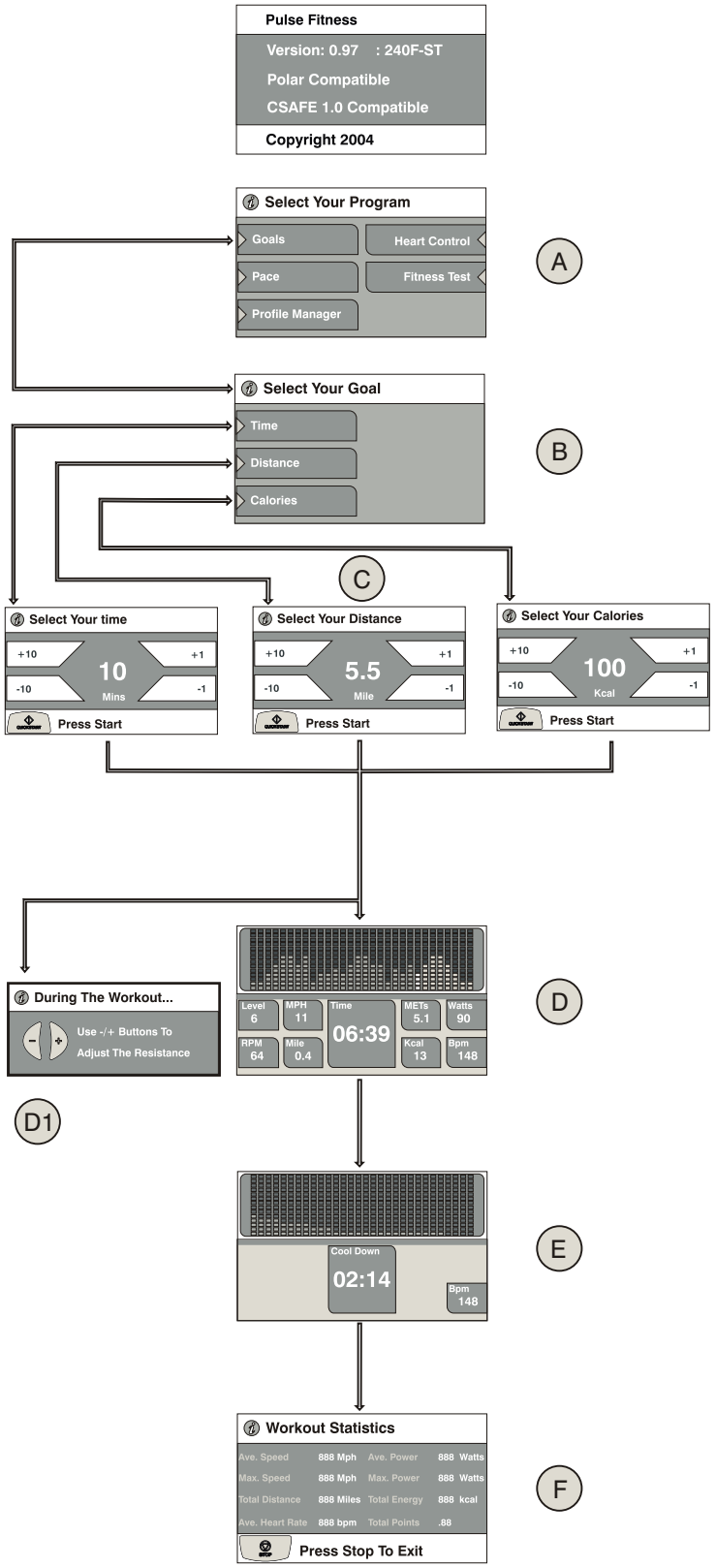
D - Heart Rate Control Mode:
An optimum pulse rate is first chosen by the user (weightloss or cardio). A consistent training session is then delivered, keeping the users heart rate at a constant level. Enables you to

Undertake general fitness training within medically approved heart rates bands:
60% - 70% for weight management (weightloss),
70% - 80% for a aerobic exercise (Aerobic Capacity),
80%+ for competitive training. The computer calculates the target rate* as beats per minute (bpm) from your data and automatically adjusts the effort to turn the pedals in order to achieve and maintain the target rate.*
Calculation for 100% heart rate (HRmax) = (220 - age)28 levels of resistance (during the workout) allow users of all abilities a challenging workout and offer a more precise gauge of their progress.

E - Fitness Test Mode :
A completely automatic process, the test determines your aerobic capacity (Åstrand sub-max V02 test).
A six minute test that enables your fitness trainer to measure improvements in your level of fitness following a prescribed program of exercise.
The objective of the test is to cycle at a constant 60rpm under an increasing workload over the period of the Test.
260F-T Treadmill uses a one mile walk fitness test rather than the Åstrand sub-max V02 test.

F - X-Train Mode (280F-ST only):
Enables you to work on arms, legs or a combination of both. During exercise the computer will prompt you to concentrate on certain aspects of your exercise program.
NOTE : This mode may not be implemented if not shown Fitness option on the screen.

***** The F-ST Range is Self Power design.
The screen will be switched off before you start (pedaling/stepping) on the machine.
The selection screen program allows you to choose a suitable program



Program Example

Goal Mode:

Goal mode focuses on effort and endurance or weightloss. Using calories, distance or time has been introduced to maximise a users workout. These are displayed using a count timer that the user can measure their progress against their desired target, heightening motivation.

A - Select the Goals Program.

B - Choose your goal between Time/Distance/Calories

C - Set your workout Time/Distance/Calories

D - TFT Screen displaying all statistics and information of your workout.

D1 - Pop Up Info:
Press(+) to increase (-) to decrease the effort required

E - TFT Screen displaying Cool Down profile. The Cool Down screen will appear only after a workout is completed.

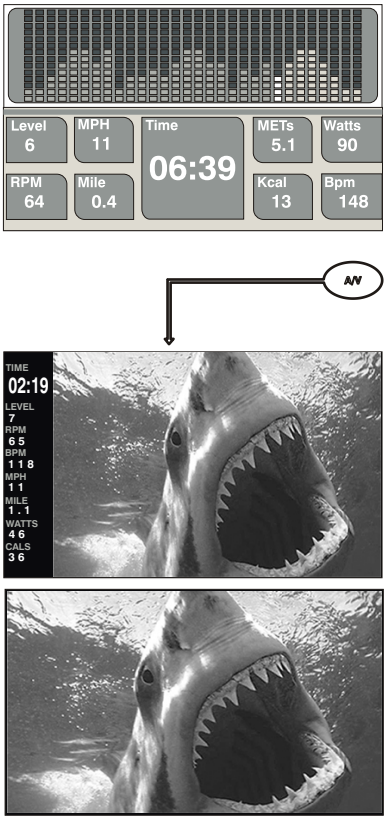
0:00 - 9:59 No Cool Down Screen will appear
10:00 - 14:59 Cool Down for 3:00 minutes
15:00 - 19:59 Cool Down for 4:00 minutes
20:00 + Cool Down for 5:00 minutes

Cool Down mode is used to help reduce the heart rate of the user to avoid any injury.
Note: Cool Down Mode can be bypassed by pressing the stop button.

F - Exercise Statistics Screen shows your workout results & and fitness level.

Ave. Speed
Max. Speed
Total Distance
Ave. Heart Rate
Ave. Power
Max. Power
Total Energy
Points System

Note:
It is possible to just press the " QUICK START" key at the main menu to begin a Manual Mode Session of 10 minutes.



A/V Mode

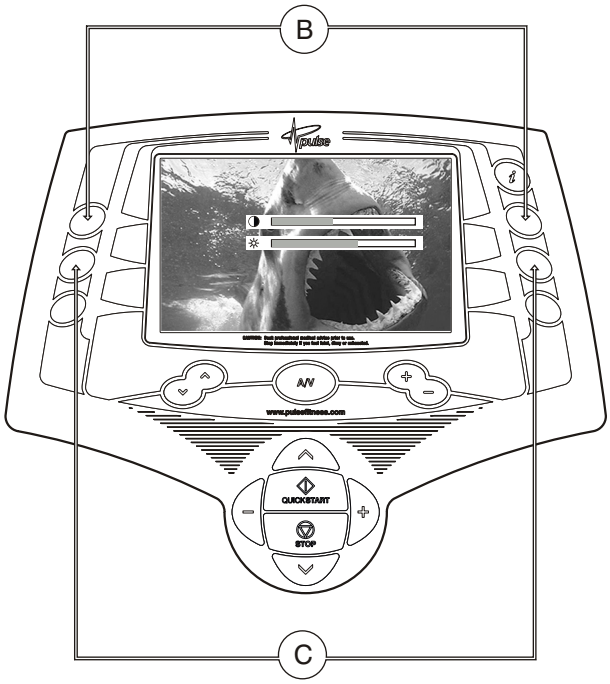
Functions (by pressing A/V Mode)

Freedom Range, the TFT display can receive up to 4 different video channels via a patented wireless transmitting and receiving technology, by pressing (A/V mode). The 4 channels can be of any A/V combination, you can display Satellite, terrestrial, run a DVD or even play computer games. Use the arial to adjust to obtain a clearer image. The antenna will tune in both the picture and the sound.

A - Exercise Workout Screen

B - Press the A/V button during a workout to switch to mixed mode, this will display the A/V picture and your workout information.

C - Press the A/V button again and it will switch to a full screen TV mode.



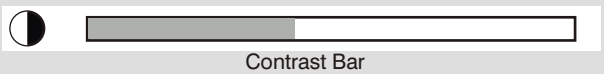
A/V Mode - Contrast & Brightness

When in A/V mode, pressing the information button allows you to change the brightness and contrast of the TFT screen.

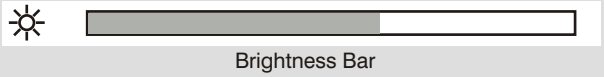
A - Press the Information Button - *i*

B - To increase or decrease the contrast of the TFT screen use the top two selection buttons (as shown in diagram).

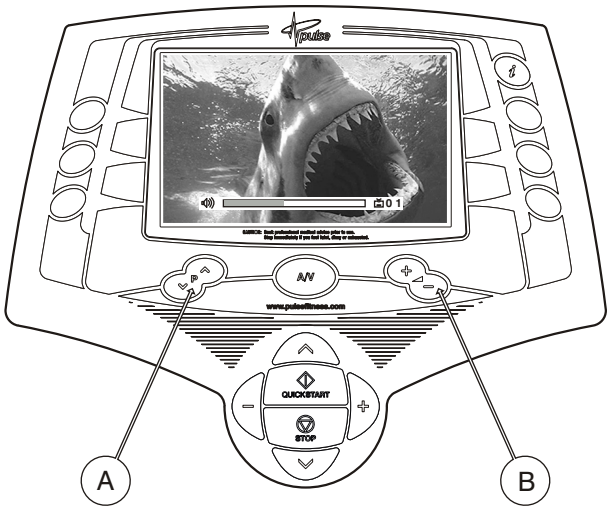
C - To increase or decrease brightness of the TFT screen use the second two selection buttons (as shown in diagram).



Contrast Bar



Brightness Bar



A/V Mode - Channels & Volume

A - To change channels in A/V mode use the up and down buttons as shown in the diagram.

B - For decreasing /increasing the volume once in Audiovisual mode, use the + and - button as shown in the diagram.

Channel & Volume Bar

Service Mode

Service Mode

Please contact Pulse Fitness for further information.

Options:

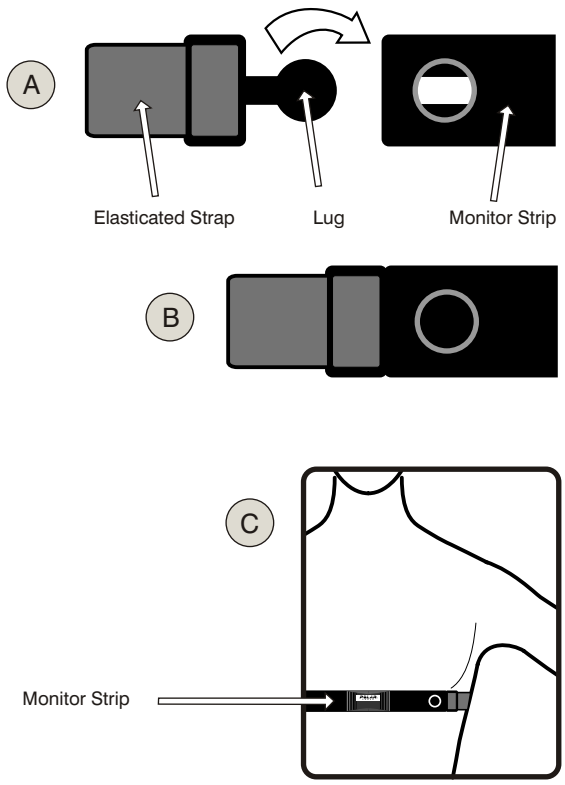
1 - Card Upgrade
This is used to change/update the software version and/or screen types.

2 - Hardware Test
This gives you various options in which to test the key pad and communications.

3 - Auto-Configure
Pressing this button will automatically set the console to the machine type it is connected to.

⚠ CAUTION ⚠

To alter these options you have to enter Configuration Mode, it is absolutely critical that when in Configuration Mode you only alter the settings for these options, adjusting any other settings could result in termal failure of the machine.



The Heart Rate Monitor

To fit the heart rate monitor, proceed as follows:

A - Attach one end of the elasticated strap to one end of the sensor strip as shown. Turn the end of the elasticated strap 90° and insert lug through the rear of the hole in the end of the monitor strip.

B - Then turn back through 90° and press on the circular lug so that it is flush with the front of the sensor strip.

C - Hold the sensor strip against your chest while feeding the elasticated strap around your back.

Attach the other end of the elasticated strap to the sensor strip. If necessary, the length of the elasticated strap can be adjusted using the adjustment buckle.

i

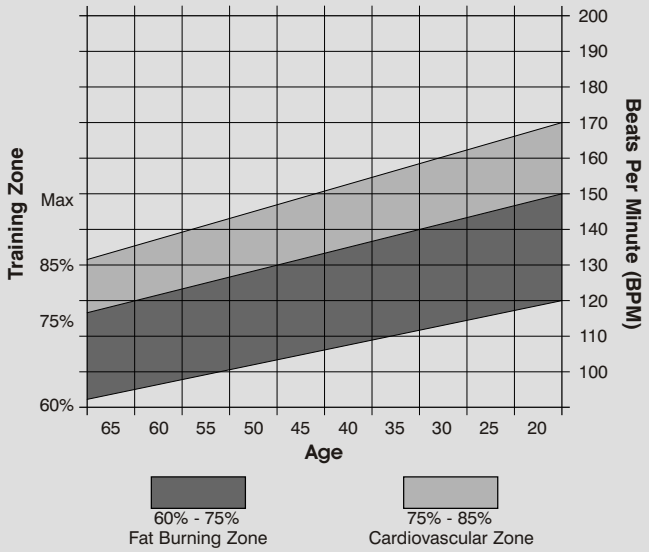
The sensor strips must be placed against your skin (Manufacturer's insignia facing outwards), otherwise it may not detect a heartbeat. The chest strap must not be rotated (i.e. The writing should appear the right way up), except in certain individuals who have a 'reversed' EGG (this condition is extremely rare).

If the monitor fails to detect a heartbeat, moisten the electrodes on the back of the strip (two ridged rectangular blocks) with a wet finger and try again.

Target Heart Rate Zone Chart

i

When the chest strap monitor is used it automatically overrides any signal from the hand pulse monitors.
If the battery fails (it has an estimated life in excess of three years) then the plastic strip must be replaced. If you wish to monitor your heart rate, you should always fit the heart rate monitor before you select one of the exercise programs.

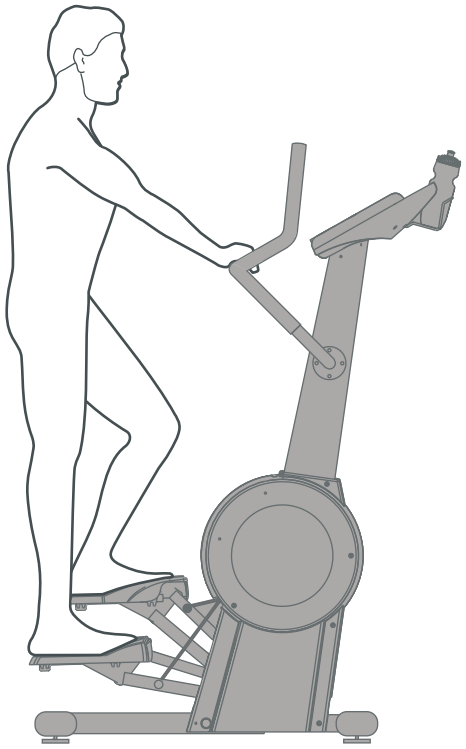


Select your age band and appropriate training zone according to your fitness level (if in doubt, consult your health professional).

The chart has been designed to enable the user to easily select their desired training zone, whether it be fat burning or cardiovascular training. Shaded bands within their training zone assist the user as 'stepping stones' to improve their fitness level.

Fat burning zone is between 60% -75% of your theoretical maximum heart-rate.

Cardiovascular training zone is between 75% -85% of your theoretical maximum heart-rate (to improve your cardiovascular conditioning).



Correct Exercising Posture 220F-ST

When using Pulse Fitness equipment, to ensure that you obtain the most from your workout, it is essential that you have the correct posture on the machines as follows;

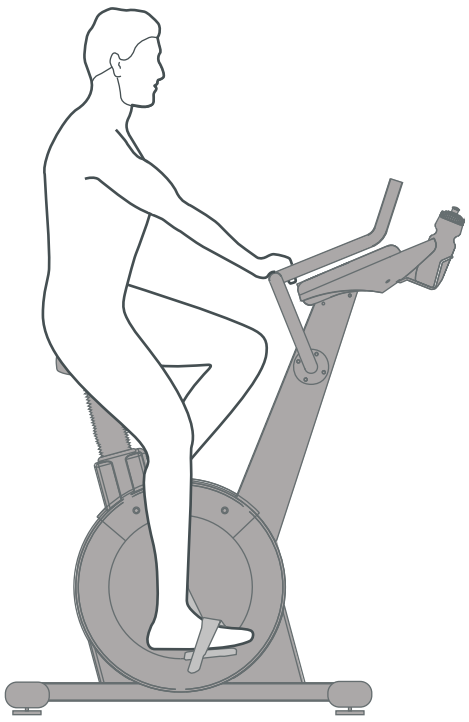
1 - Your back should be straight.

2 - You should only hold the handlebars for balance and not for leaning or resting on.

3 - The balls of your feet should stay in contact with the pedals at all times and should not allow the pedals to touch the upper or lower stops.

4 - You should not try to force the pedals down, if you want to step quicker increase the level.

5 - Always warm up before and warm down after completion of exercise program by doing gentle stretches.



Correct Exercising Posture 240F-ST

1 - Always warm up before and warm down after completion of exercise program by doing gentle stretches.

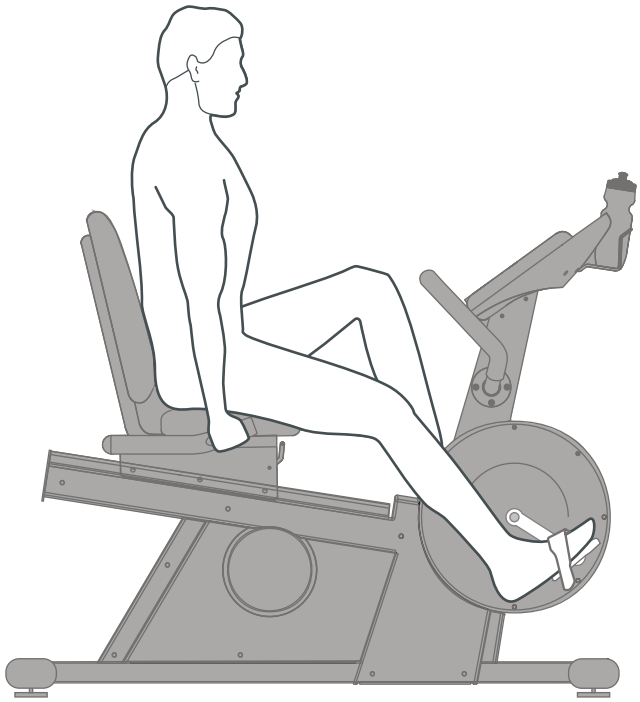
2 - Your back should be straight whilst pedaling.

3 - Place balls of your feet on pedals and secure with the foot straps.

4 - Adjust the seat so that the knee is slightly bent when the pedal is at the furthest position away from the body.

5 - Grip handlebars lightly.

6 - Your back should remain in contact with the backrest at all times.



Correct Exercising Posture 250F-ST

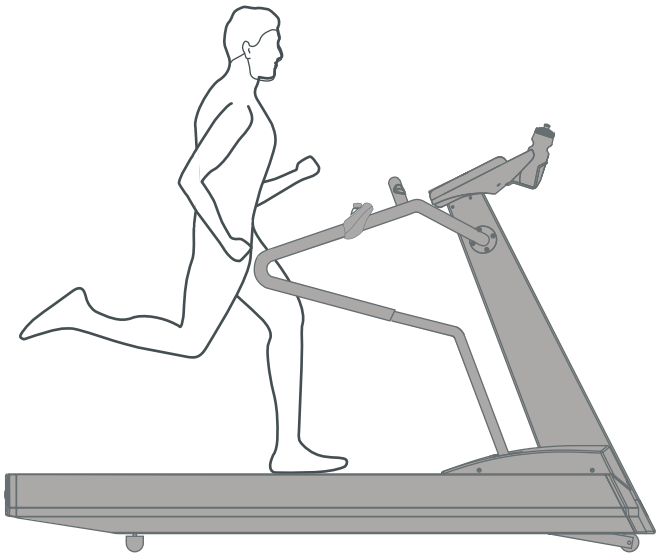
1 - Always warm up before and warm down after completion of exercise program by doing gentle stretches.

2 - Place balls of your feet on pedals and secure with the foot straps.

3 - Adjust the seat so that the knee is slightly bent when the pedal is at the furthest position away from the body.

4 - Grip handlebars lightly.

5 - Your back should remain in contact with the backrest at all times.



Correct Exercising Posture 260F-T

1 - Always warm up before and warm down after completion of exercise program by doing gentle stretches.

2 - DO NOT get on or off the treadmill when the running belt is moving.

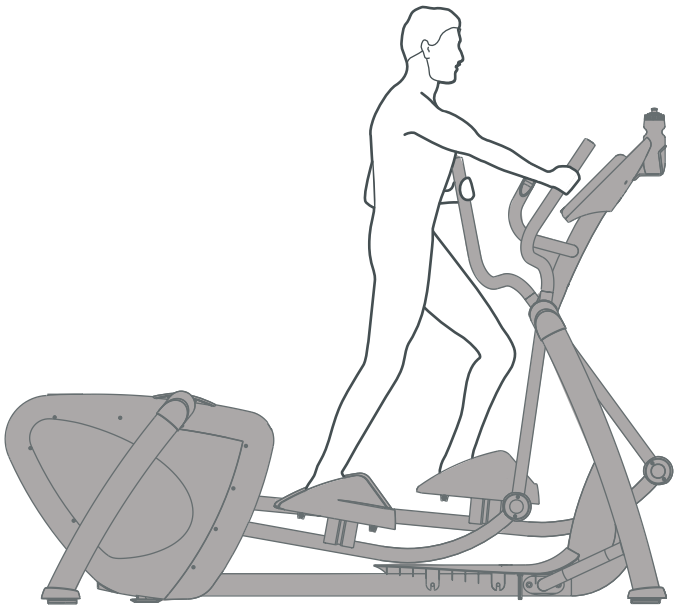
3 - Enter a slow speed to start with and hold onto the handlebars until you are comfortable with the speed.

4 - You should only hold the handlebars for balance and not for leaning or resting on.

5 - Your back should be straight.

6 - Keep your body and head facing forward. Never attempt to turn around on the treadmill when the belt is moving.

7 - Try to keep to the middle of the running belt.



Correct Exercising Posture 280F-ST

1 - Always warm up before and warm down after completion of exercise program by doing gentle stretches.

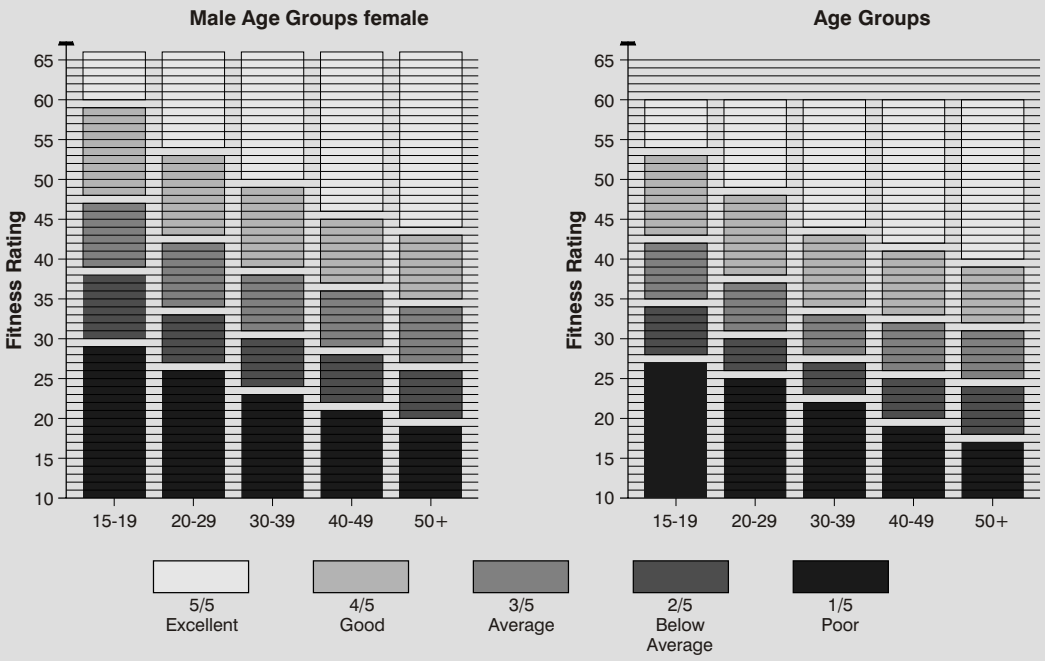
2 - Place your feet carefully on the Foot Mouldings.

3 - Your back should be straight whilst exercising.

4 - Grip handlebars lightly.

Fitness Test mode - Chart

Once the test has finished you will be given a Fitness Level Mark out of five. The chart below shows how you rate between Excellent and Poor.
Note: This is a low intensity fitness test designed for unconditioned users.



User Notes

User Notes

User Notes

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